



UNIVERSITY OF SAN FRANCISCO
CHANGE THE WORLD FROM HERE

GoUSF Employee Wellness Program

BHAC Conference
April 23-24, 2015

Suzy Kisylla



Agenda

Award-winning Program

Wellness Mission

Program Overview

Go Move Challenge

GoUSF: Award-winning Program

- **American Heart Association honored USF with:**
 - **Gold Achievement Award**
 - one of the fittest workplaces in the country
 - **Worksite Innovation Award**
 - among top 40 elite innovators in health and wellness



USF's Wellness Mission

- Educate and support employees and their families to improve and maintain their overall health and well-being through healthy lifestyle choices.
- GoUSF focuses on creating a culture of wellness that supports employee engagement and resilience.

*I like where I work and
the people I work with.*

*I can thrive in a
changing environment.*

- This is accomplished by tending to our employees' individual needs for rest, reflection, exercise, healthy nourishment, social connections and play.

Program Overview

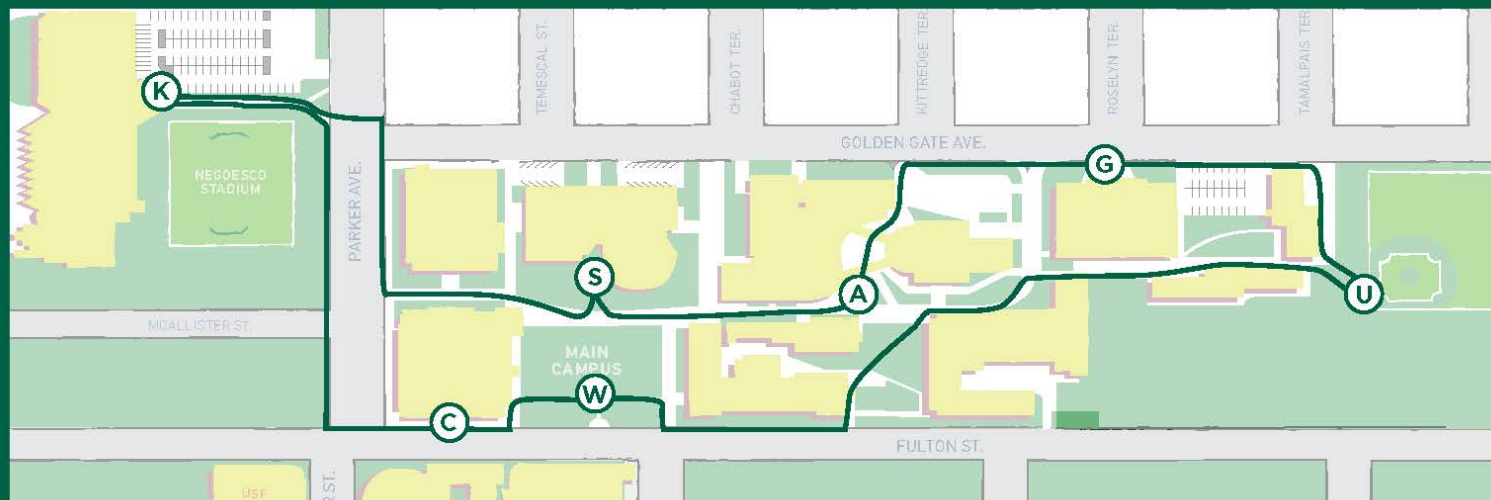
- **The GoUSF holistic wellness program engages individuals' physical, spiritual, social and emotional well-being.**
- **Program offerings:**
 - Wellness resources: Don's Meaningful Mile; Wellness on Wheels
 - Young Minds at Work(formerly Family Fun Day)
 - Sponsorship and training for race events
 - Monthly "Go Learn" educational sessions
 - Weekly running/walking groups and "Splash" events
 - Free gym membership at Koret Health Center
 - Challenges for employees and their families/friends

Don's Meaningful Mile

- One-mile routes mapped around upper and lower campus
- Marked with meaningful landmarks to visit along the way
- Walking meetings and re-energizing breaks are encouraged



DON'S MEANINGFUL MILE LOWER CAMPUS



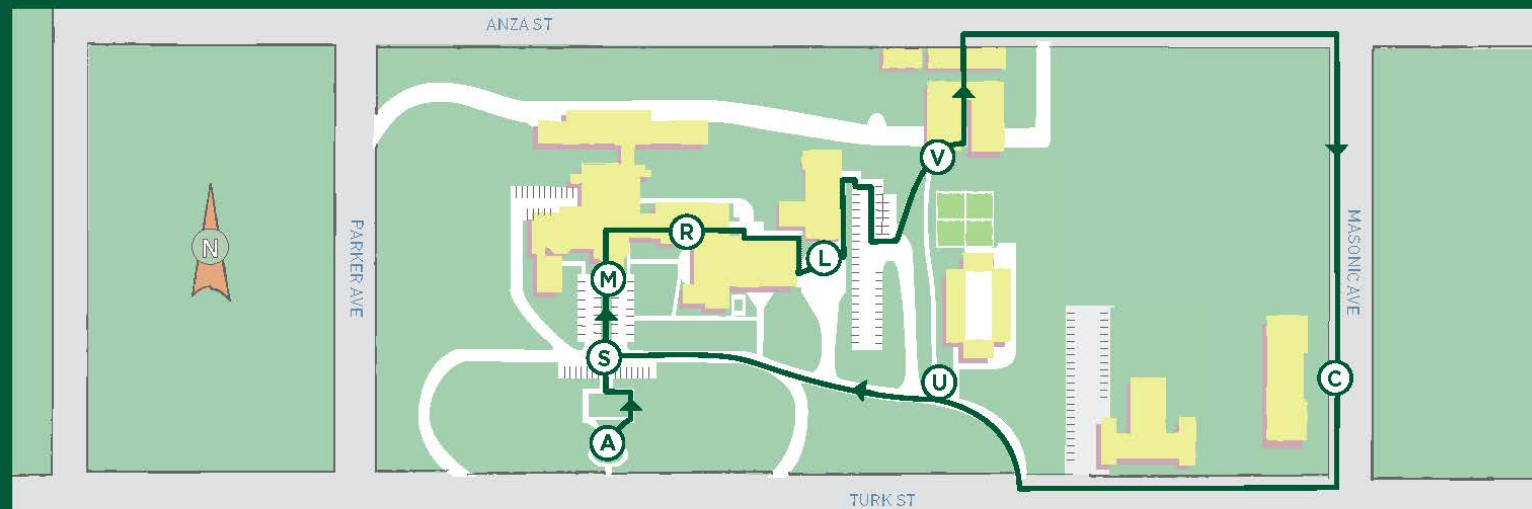
Go Move.

Enjoy this 1 mile stroll around the campus for your walking meeting or just a break in your day.

S- The Wolves & Kettle Sculpture
K- Koret
C- St. Ignatius Church
W- Welch Field

U- Ulrich Baseball Field
G- War Memorial Gym
A- Armillary Sphere

DON'S MEANINGFUL MILE LONE MOUNTAIN



Go Move.

Challenge yourself and a colleague to a 1 mile walk around Lone Mountain.

A - Alessandri Fountain

S - Spanish Steps

M - Main Entrance to Lone Mountain

R - Del Santo Reading Room

L - Loyola House

V - Loyola Village

C - McCarthy Center

U - Underhill Building

Wellness on Wheels (WOW)

- **Start meetings with a 10-minute workout**
 - Stretching, relaxation or deskfit (strength) techniques
- **Healthy meeting tips**
 - Meal options, breaks and outdoor sessions



Young Minds at Work

- **Employees and their children, grandchildren or nieces and nephews spend a half day at USF in the summer**
 - visit different departments on campus
 - participate in various activities



Team Races

- **USF subsidizes three running races per year for every employee and a guest during Spring, Fall and Winter**
 - Presidio 10, J.P. Morgan Corporate Challenge & Run Wild



Onsite Programs and Incentives

- **Charity Walks**
- **Weekly Weight Watchers meetings on campus**
- **Weekly run/walk group**
- **Monthly “Lunch and Learn” informational sessions**
- **Free gym membership at Koret**
- **Lunch time meditation and yoga for faculty/staff**
- **Seasonal flu shots and “Flu Near You” initiative**



Challenges

- **Recurring challenges reinforce wellness dimensions**



February:
Go Move

Physical



March:
Go Save

Financial



July:
Go Bond

Emotional



October:
Go Pink

Awareness



December:
Go Relax

Spiritual

Go Move Challenge: Design

- [Go Move Challenge Slideshow](#)



Go Move Challenge: Design

- **Faculty/Staff track “Every Minute” of intentional movement**
- **Two tracking strategies:**
 - **Public:** submit minutes via Hubbub, a social gaming platform; accessible online or by smartphone
 - **Private:** submit minutes on a USF webpage
- **2015 Challenge expanded to other Jesuit Universities**



Go Move Challenge: Promotion and Resources

- **Parties & Celebrations**

- Kick-off party at Men's Basketball Game in late January
- Registration event: fitness demonstrations, lunch and t-shirt
- Post-challenge celebration

- **Weekly emails**

- **Digital promotion at Koret fitness center**

- **Verbal promotion**

- At President and Leadership Team meetings
- Personal invitations from HR leadership to all department heads

- **100% participation from HR staff members**

Go Move Challenge: 2015 Calendar of Events

3RD ANNUAL



Other Movement Opportunities on Campus:

- + Grab a colleague and enjoy a walk around lower or upper campus following the Don's Meaningful Mile routes. Visit gousf.usfca.edu to download and print the maps.
- + Plan a 10 minute Wellness on Wheels session for your next team meeting. Email skisyllia@usfca.edu to schedule.
- + Sign up with Go Play, goo.gl/forms/5yp-WczcWq5, to connect with others who work out.
- + Check out all fitness classes on Koret's website, usfca.edu/koret.

Track your minutes of intentional movement throughout February to beat Marquette University, LMU and of course SCU (for the 3rd time)! For challenge registration and tracking details, visit gousf.usfca.edu.

FEBRUARY 2015 LUNCHTIME MOVEMENT OPPORTUNITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Yoga @ Koret (12:00 - 1:00) Hula Dance @ Koret (12:15 - 1:15)	3 TRX* (12:15 - 1:15) Don's Meaningful Mile , upper campus @ bottom of Spanish Stairs (12:00 - 1:00)	4 Fitness Walk: Exploring Sacred Spaces with Fr. Godfrey @ Loyola House (12:00 - 1:00)	5 Pilates (12:15 - 1:15) Splash @ Koret Pool (12:00 - 1:00)	6 Zumba (12:15 - 1:15) Warrior FIT @ Koret (12:15 - 1:15)
9 Yoga @ Koret (12:00 - 1:00) Free Lunch Cardio Demos @ Koret (12:00 - 1:30)	10 TRX* (12:15 - 1:15) Don's Meaningful Mile , lower campus @ Gleeson Plaza (12:00 - 1:00)	11 Hula Dance (faculty & staff only) @ LM100 (12:00 - 1:00)	12 Pilates (12:15 - 1:15) Masters Swim @ Koret Pool (12:00 - 1:00)	13 Zumba (12:15 - 1:15) Warrior FIT @ Koret (12:15 - 1:15)
16 Yoga @ Koret (12:00 - 1:00) Hula Dance @ Koret (12:15 - 1:15)	17 TRX* (12:15 - 1:15) Don's Meaningful Mile , upper campus @ bottom of Spanish Steps (12:00 - 1:00)	18 Fitness Walk: Hidden Stairs of USF @ Parker and Turk (12:00 - 1:00)	19 Pilates (12:15 - 1:15) Splash @ Koret Pool (12:00 - 1:00) Free Lunch Cardio Demos @ Koret (12:00 - 1:30)	20 Zumba (12:15 - 1:15) Warrior FIT @ Koret (12:15 - 1:15)
23 Yoga @ Koret (12:00 - 1:00) Hula Dance @ Koret (12:15 - 1:15)	24 TRX* (12:15 - 1:15) Don's Meaningful Mile , lower campus @ Gleeson Plaza (12:00 - 1:00)	25 Fitness Walk: Art walk @ Gleeson Plaza (12:00 - 1:00)	26 Pilates (12:15 - 1:15) Masters Swim @ Koret Pool (12:00 - 1:00) Obstacle Course led by ROTC @ Underhill Building (12:00 - 1:00)	27 Zumba (12:15 - 1:15) Warrior FIT @ Koret (12:15 - 1:15)

*sign up in advance to reserve your spot on Koret's website, usfca.edu/koret



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Go Move Challenge: Outcomes

- Employee engagement
- New relationships within USF
- Continued positive relationship with SCU
- Encouraged people to be active



Team	Minutes	Players
LMU	558,415	438
USF	505,413	510
SCU	423,697	274
Marquette	23,969	44



GO MOVE
LMU!
FEB 1-27
EVERY
MINUTE
COUNTS

Marieclare M. Sia
Loyola Marymount University, Los Angeles

“Bridging you to Health and Wellness”



GO MOVE: 438 Fac/Staff & 28 Teams Participated




GO MOVE: Incentives:

- More Well/Fit Classes
- Walking Clubs
- Martial Arts for Wellness
- Massages At Work
- Medocino Farm Lunches
- Pedometers
- Fit Bits
- Finish Line Surprises



GO MOVE: Success Stories and Outcomes

THANK YOU ALL!



LMU LIONS
#1
WE WON!

Go Move Challenge

Rank	Team	Total Minutes of Exercise
1	Loyola Marymount University	558,414.75
2	University of San Francisco	505,412.96
3	Santa Clara University	
4	Marquette University	



Go Move Challenge: Outcomes



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